

# A Perspective on Network Sustainability

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# Introduction

- ▶ Minnesota Food and Nutrition Network
- ▶ Coordinated Plan
- ▶ Accomplishments
- ▶ Future Planning Goals
- ▶ Group Activity
- ▶ Suggested Readings



# MFNN

- ▶ Part of the USDA-FNS Food Stamp Nutrition Education Program.
- ▶ A collaborative effort between the Minnesota Department of Human Services and the University of Minnesota, College of Human Ecology.
- ▶ A network among organizations including representatives from state and local government agencies and nonprofit organizations.



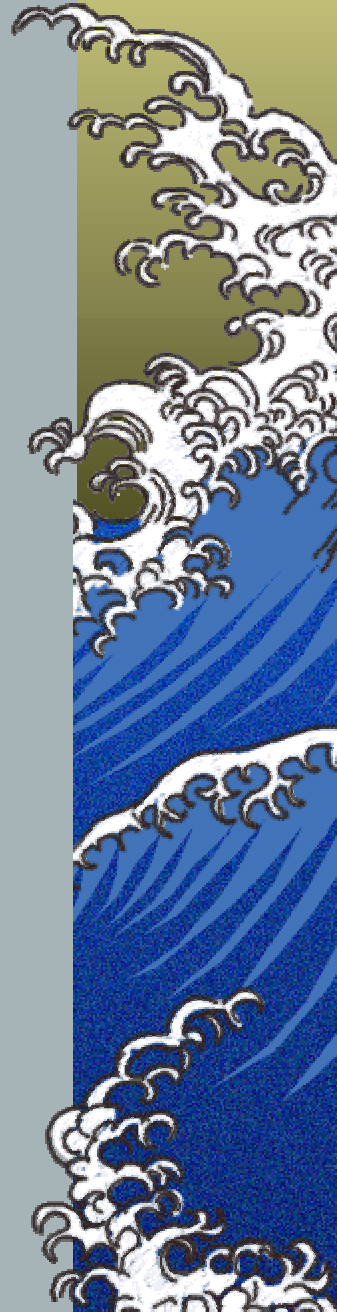
# Mission

- ▲ To create and maintain a network of organizations working together to promote useful, consistent nutrition messages to help low-income Minnesotans enjoy healthful lifestyles.



# Goals

- ▶ Develop and sustain a cohesive, visible, inclusive, productive network.
- ▶ Develop effective long-term nutrition education programming.
- ▶ Advocate with the private sector and with public policy makers for the consumer's ability to make healthy food choices.



# Member Organizations

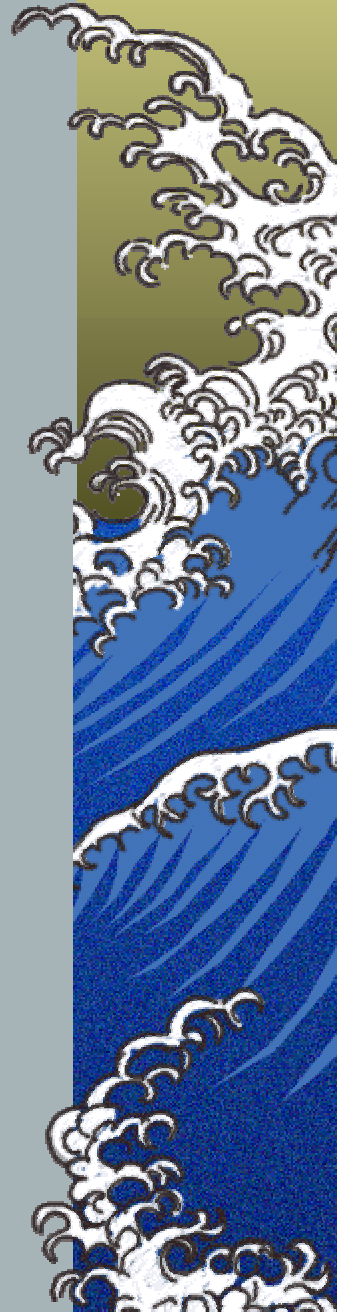
- ▶ Commodity Supplemental Food Program
- ▶ The Emergency Food Assistance Program
- ▶ State and county health departments
- ▶ Nonprofit organizations
  - ▶ Minnesota FoodShare
  - ▶ Hunger Solutions Minnesota



# Coordinated Plan

## ▲ Membership driven

- Stated mission and goals
- Defined structure
  - Steering committee
  - Work groups
- Annual strategic planning session
  - Review the year
- Annual partnership agreement
- Answer “What’s in it for me?”



# Key Tool: Agenda Design

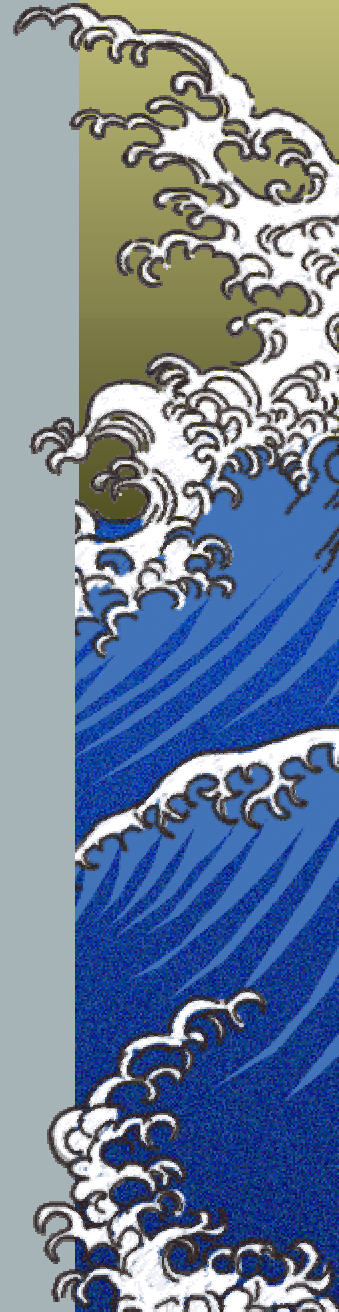
- ▶ Member sharing
- ▶ Partner highlight
- ▶ Guest speakers
- ▶ Meeting evaluation





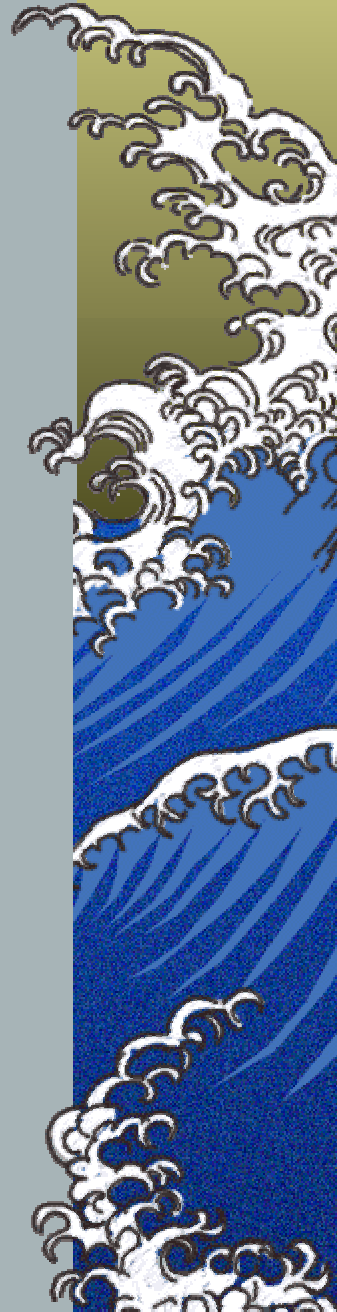
# Member Defined Strengths

- ▲ “Wonderful opportunity to network with people who are busy.”
- ▲ “Being with people with different perspectives than mine.”
- ▲ “[We have] people who are capable and well educated.”

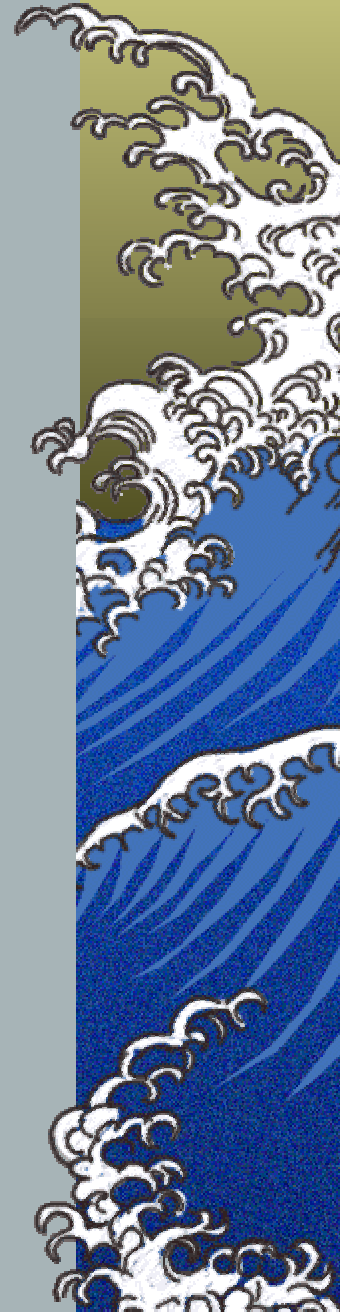


# Accomplishments

- ▲ Developed and applied social marketing messages, “The Power of Healthy Eating: Learning, Energy, Growth.”



# Photo Album



# Everyday Heroes

*and the power of healthy eating*



## You are an Everyday Hero

Even with all that is going on in your life, you go the extra mile for your child.

Everyday heroes like you don't ride in parades. Instead, they buy food and make meals. But guess which hero your child will remember?

Your child will remember the snacks you *peeled* instead of *unwrapped*. The time you took to serve a vegetable at each meal. The way you insisted on juice instead of soda pop.

You are not just serving food. You are creating *memories*.

The time you spend making healthy foods is an investment in your child's health — and future memories.

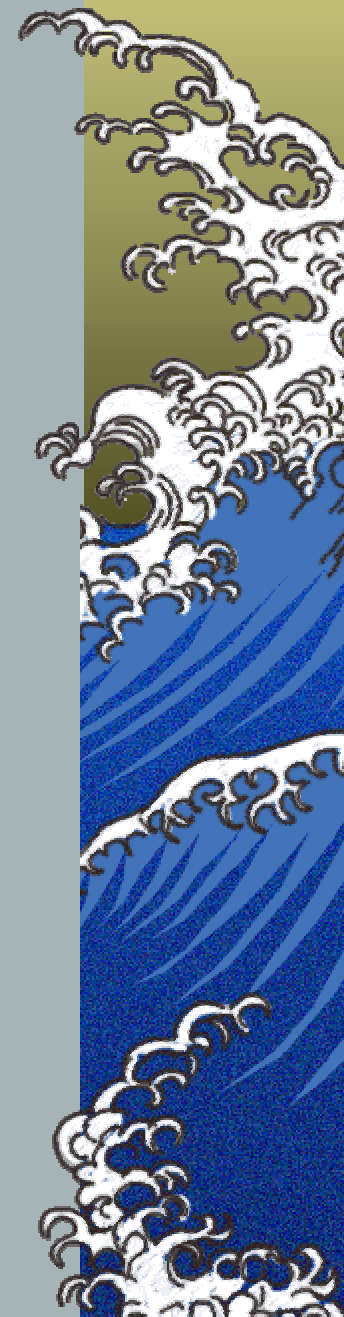
***Everyday, you are a hero to your child. You give your child the power of healthy eating.***



## Everyday Heroes Meals

You can create meals — and memories — in minutes. Try one of these easy meal ideas tonight.

- Spaghetti sauce with meat (from the jar) over noodles, canned green beans, yogurt and canned fruit
- Drained tuna mixed with a dab of mayonnaise on bread, baby carrots from the bag, applesauce and milk
- Crackers and cheese, sliced cucumber, and apples slices
- Hamburgers on buns or bread, canned corn, orange juice

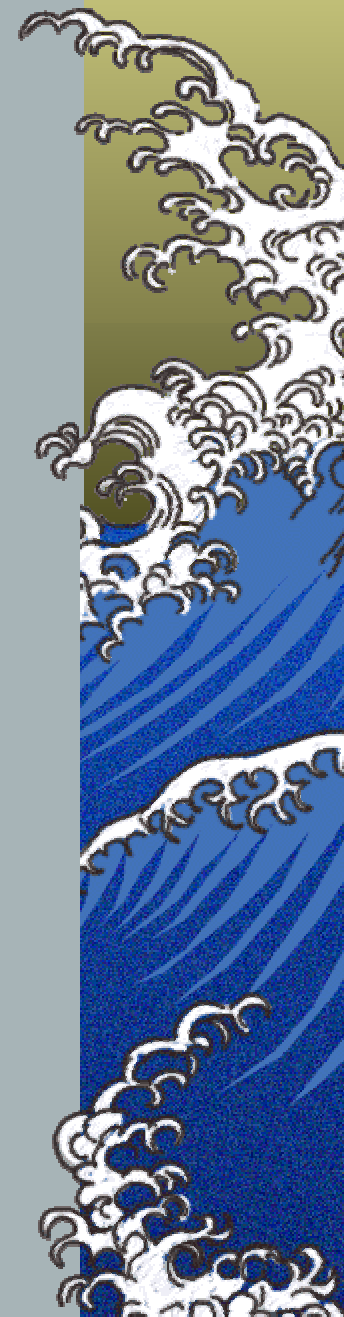


# Learning

*The power of healthy eating.*



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collaboration with the United States Department of Agriculture.*

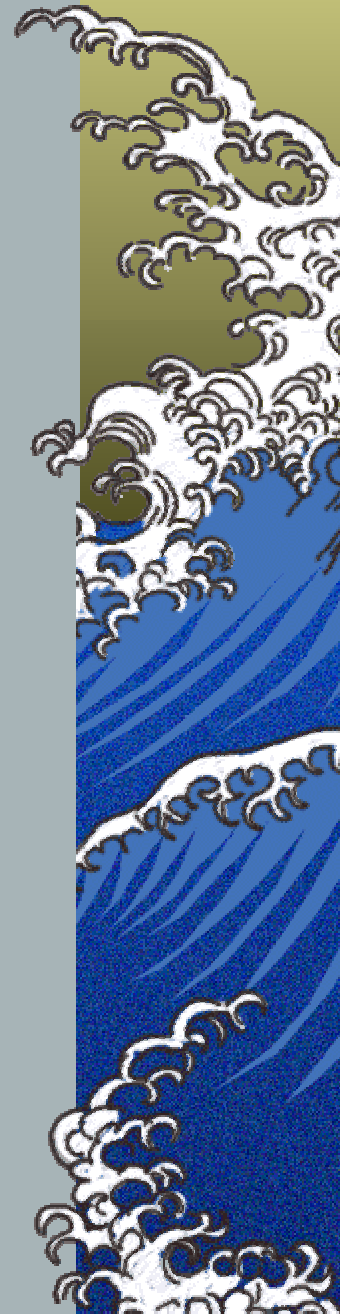
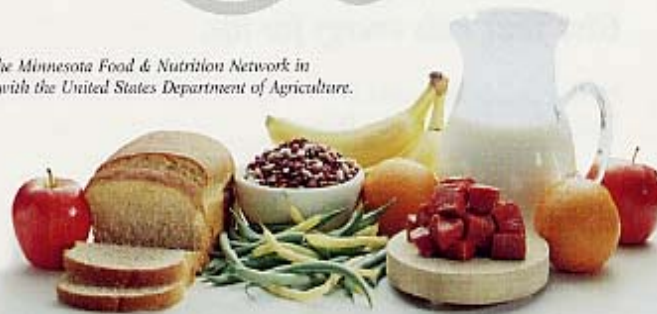




# Energy

*The power of healthy eating.*

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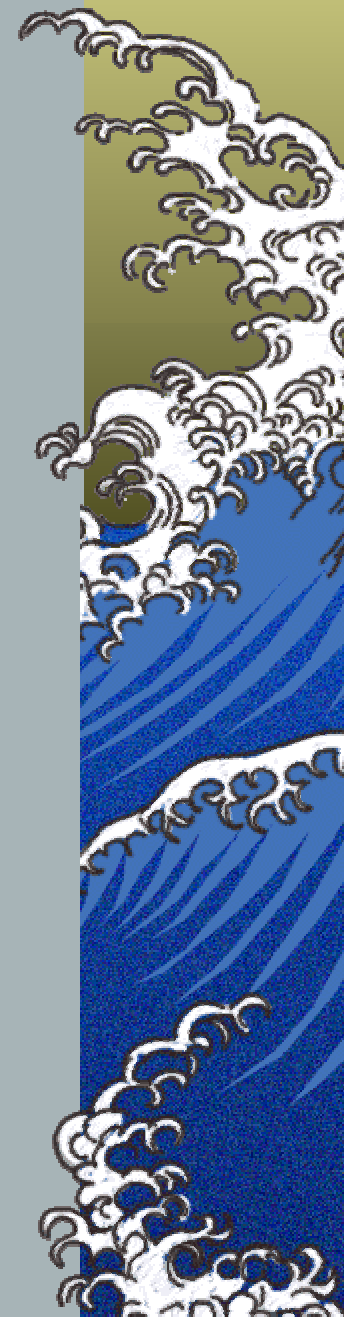


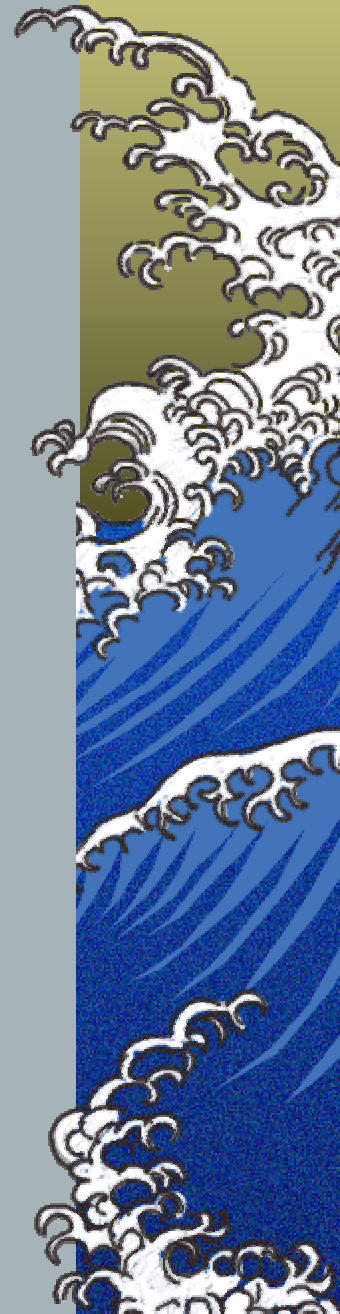
# Growth

*The power of healthy eating.*

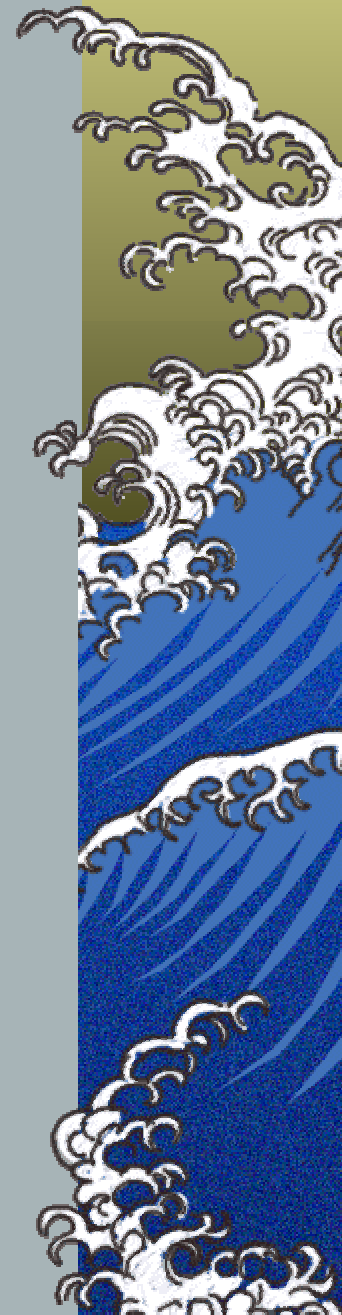


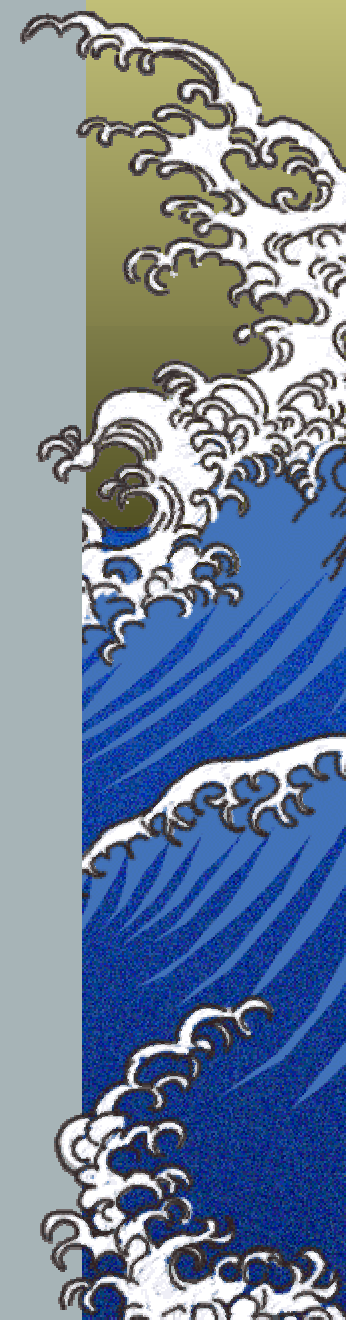
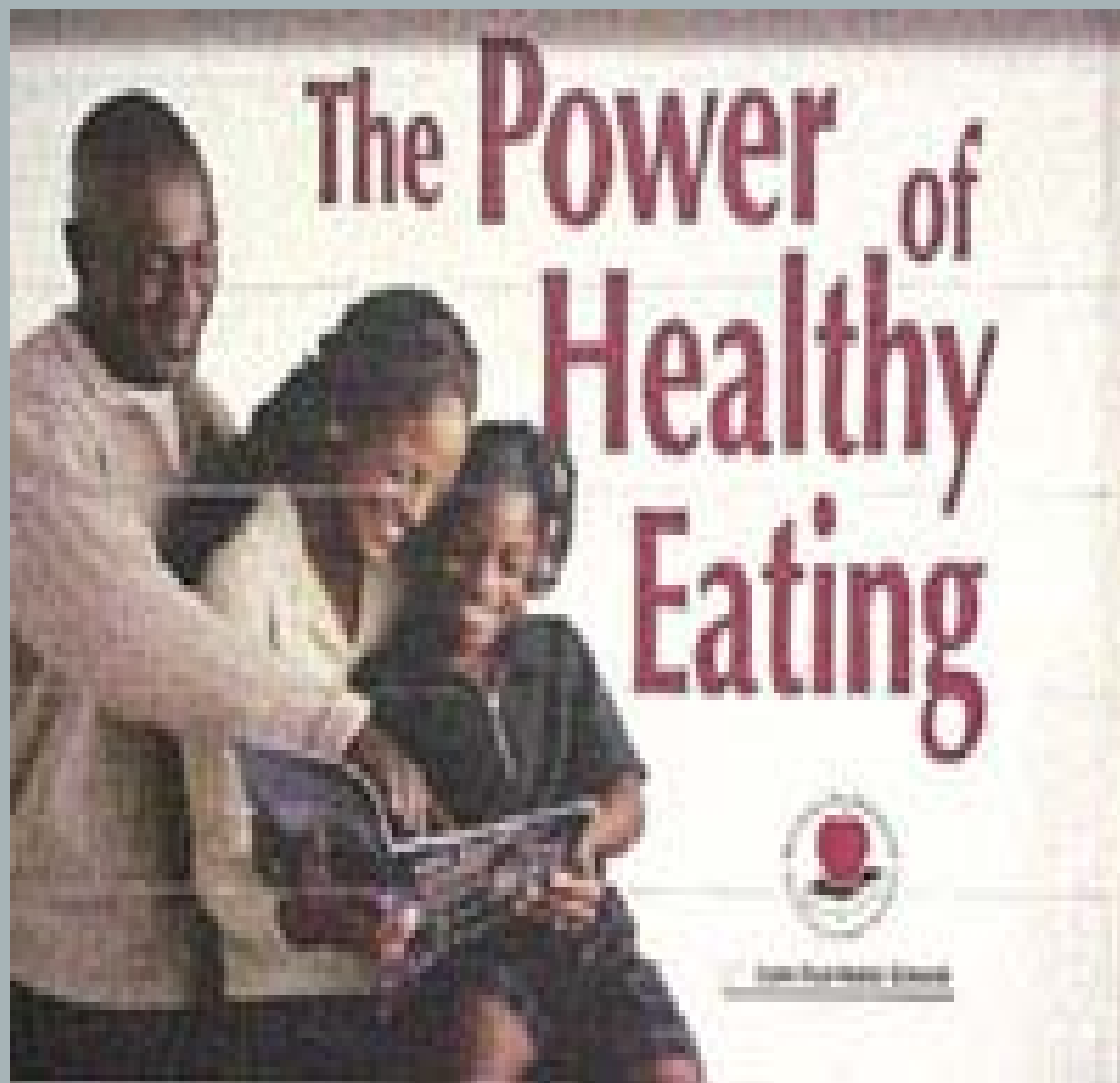
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# Learning

## *Be an everyday hero*

Life is busy. Mealtimes are hurried. Families don't eat together. In a perfect world, all meal memories would include tasty, healthy foods and warm, fun conversations. But this isn't a perfect world.

Eating together with family is connected with improved school performance. New research from Harvard reports that kids who eat dinner with their family eat healthier meals overall, consuming more fruits and vegetables and less fried food and soda. In national surveys, most parents said eating dinner together is very important. Still, it doesn't always happen.

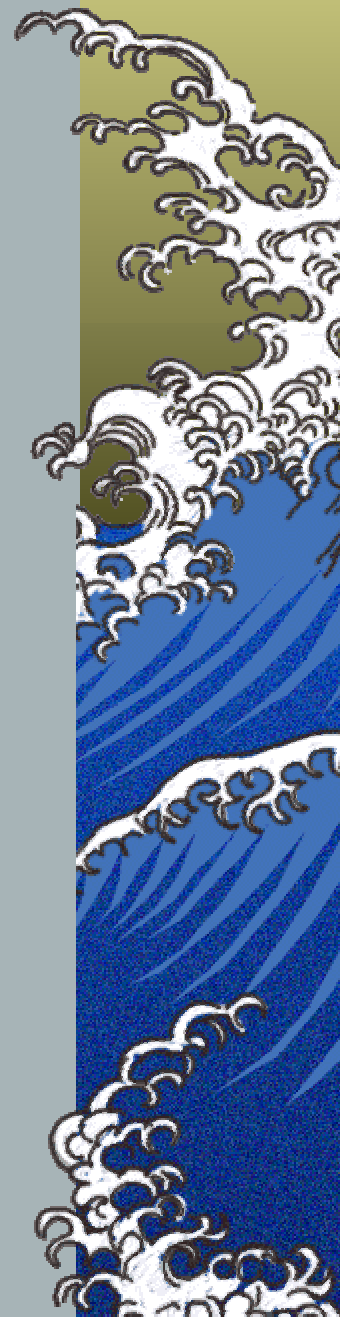
But, you can make it happen even with all that is going on in your life. You can create dinner meals — and memories — in minutes. You can partner with school food service to make sure your kids are ready to learn. You can be an everyday hero. Everyday heroes plan ahead, buy tasty food, make healthful meals, and sit down to eat with their kids.

### *"Hey, what's for dinner?"*

During the busy days of the new school year, try these inexpensive, easy, and quick snack and dinner ideas! When teamed with school breakfast and lunch during the week of September 11th, they meet the daily recommendations for kids in kindergarten through sixth grade.

The snack and dinner menu ideas were contributed by Laurie Miller, a Nutrition Education Assistant, with the University of Minnesota Extension Service. She sent in the winning entry for a statewide menu planning contest. Congratulations, Laurie, and thank you.

Plan ahead. Take this grocery list with you on your next shopping trip. If you get the items on the list (or if you already have them in your garden, pantry, refrigerator, or freezer), you will have the ingredients to make each of the five dinner meals and snacks.



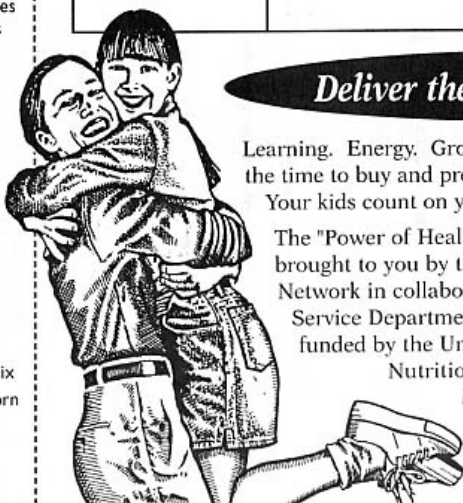


## Grocery List

Corn or flour tortillas  
 American cheese  
 Canned low-fat refried beans  
 Cornmeal  
 Flour  
 Eggs  
 Cooking oil  
 Sugar  
 Tomato juice  
 Popcorn  
 Unsweetened or 100% fruit juice  
 Celery  
 Peanut butter  
 Raisins  
 Fresh or canned fruit  
 Frozen yogurt  
 Dried beans, lentils  
 Zucchini squash  
 Fresh carrots  
 Ham  
 Fresh or frozen strawberries or other seasonal berries  
 Whole fresh chicken or chicken parts  
 Fresh or frozen broccoli  
 Rutabaga  
 Onion  
 Celery  
 Fresh or canned tomatoes  
 Angel food cake mix  
 Potatoes  
 Fresh, frozen or canned spinach  
 Turkey hot dogs  
 Biscuit or instant baking mix  
 Fresh, frozen or canned corn  
 Applesauce  
 1% or skim milk

## Example Breakfast, Lunch, Snack and Dinner Menus

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>School Breakfast</b>	Yogurt with Graham Crackers or Assorted Cereal	Cheesebread or Assorted Cereal	Pancakes/Syrup or Assorted Cereal	Cinnamon Toast and Assorted Cereal	Donut and Assorted Cereal
<b>School Lunch</b>	Stuffed Cheese Pizza Sticks with Sauce Rice Corn Baby Carrots Mixed Fruit Crispy Rice Cereal Treat	Breaded Chicken Hot Sauce Biscuits & Jam Mixed Vegetables Baby Carrots Orange	Hamburger or Cheeseburger Shredded Lettuce Steak Fries Baby Carrots Banana	Chili Cheesebread Rice Green Beans Baby Carrots Peaches	Fish Sandwich on Bun Shredded Lettuce Peas Baby Carrots Apple Chocolate Cake
<b>Home Afternoon Snack</b>	1 Tortilla with slice of Cheese Refried Beans	1 slice Cornbread 3/4 cup Tomato Juice	1 cup Air-popped Popcorn 3/4 cup 100% Juice	1/2 cup Celery 2 tbsp. Peanut Butter 1/4 cup Raisins	Fruit Yogurt Shake
<b>Home Dinner</b>	<u>Vegetarian Chili</u> 1/2 cup Beans, Lentil 1/2 cup Tomatoes 1/2 cup Shredded Zucchini and Carrots 1 slice Cornbread Low-fat Milk	2 Waffles 1 Egg 1 slice Ham 1/2 cup Strawberries Low-fat Milk	<u>Chicken/Vegetable Soup</u> 2 oz Chicken 1/2 cup Chopped Broccoli, Rutabaga, Onion, Celery and Tomato Dumpling Angel Food Cake with Berry Topping Low-fat Milk	<u>Scalloped Potatoes</u> 1/2 cup Potatoes 1 oz. Cheese 1 oz. Ham 1/2 cup Spinach 1/2 cup Strawberries Angel Food Cake Low-fat Milk	Turkey Hot Dog wrapped in a Biscuit 1/2 cup Corn 1/2 cup Applesauce with Cinnamon Low-fat Milk



## Deliver the power of healthy eating.

Learning. Energy. Growth. These are the benefits of healthy eating. Take the time to buy and prepare healthy foods. Your kids deserve the benefits. Your kids count on you — and you deliver the power of healthy eating.

The "Power of Healthy Eating: Learning, Energy, Growth" message is brought to you by the partners of the Minnesota Food and Nutrition Network in collaboration with the Saint Paul Public Schools Food Service Department. The Minnesota Food and Nutrition Network is funded by the United States Department of Agriculture-Food and Nutrition Service and is administered by the University of Minnesota, College of Human Ecology. For more information about this Network, call (612) 625-5205 or search our website at <http://www.ftw.che.umn.edu>.

## Fast Food Menu

If you eat out on the weekend, here's a suggestion for choosing a healthier meal at a fast food restaurant.

6" Sub sandwich  
 Baked potato chips  
 Low-fat milk

# Future Planning Goals

- ▶ Adopt Eat Smart. Play Hard.™
- ▶ Expand food shelf project to more geographic areas in Minnesota.



# Group Activity

- ▶ Read list of factors.
- ▶ Circle what you are doing.
- ▶ Star what you could work on during the next year.



# Challenge

- ▶ Find someone who circled a factor that you starred.
- ▶ Find ten minutes to network about their experience.



# Conclusion

Factors that helped sustain this network:

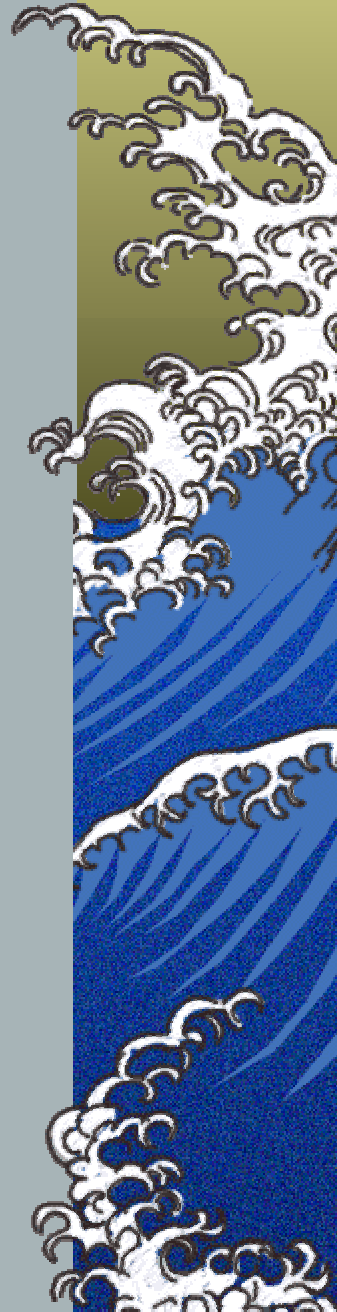
- ▶ Stated mission and goals
- ▶ Defined structure
- ▶ Member leadership





# Suggested Readings

- ▶ Ray, K. (2002). *The nimble collaboration: Fine-tuning your collaboration for lasting success*. Saint Paul, MN: Amherst H. Wilder Foundation.
- ▶ Mattessich, P.W., Murray-Close, M., & Monsey, B.R. (2001). *Collaboration: What makes it work*. (2<sup>nd</sup> ed.) Saint Paul, MN: Amherst H. Wilder Foundation.



Thank You.

